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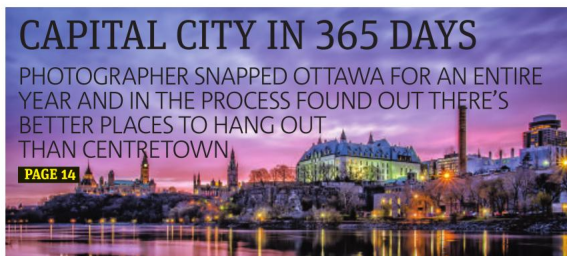
NEWS  
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## CAPITAL CITY IN 365 DAYS

PHOTOGRAPHER SNAPPED OTTAWA FOR AN ENTIRE YEAR AND IN THE PROCESS FOUND OUT THERE'S BETTER PLACES TO HANG OUT THAN CENTRETOWN.

PAGE 14



## Loathing in Lac-Mégantic

Rail World Inc. president Ed Burkhardt tells residents he feels 'devastated' as he faces town's wrath over derailment disaster

PAGE 10

## It's Suno's time to shine

Design duo behind fashion brand Suno talk about winning a coveted award and how they hope it will help their business

PAGE 19

**GAGA FREE**

**LIVE 88.5fm**

# Cops OK with new medical pot shop

If they play by the rules, that is.

Owner admits he has dispensed drug without doctor's note at his B.C. locations



GRAHAM LANKTREE  
graham.lanktree@metronews.ca

A storefront medical-marijuana dispensary opened eight days ago in Chinatown and hopes to stick around for good even as some people worried it might be shut down quickly by police.

"The reason we set up in Ottawa is because I'm originally from Ottawa," said Shannon Topfer of B.C., who owns the Greater Ottawa Health Advocacy Centre non-profit at 790 Somerset St.

Topfer operates several medicinal-marijuana compassion clubs in Vancouver and Victoria and brought a handful of his employees from other storefronts there to staff the new Ottawa operation.

"Our other compassion clubs in B.C., some have 3,000 to 4,000 members," he said. "We're not pushers. We're



A new marijuana dispensary has opened in Ottawa's Chinatown neighbourhood at 790 Somerset St. GRAHAM LANKTREE/METRO

here to educate the people of Ottawa about the good parts of medicinal marijuana."

As long as the storefront sticks to the rules around dispensing pot, the police are fine with the operation, said

Ottawa Police Services spokesperson Const. Chuck Benoit.

"Usually when places like this open, we try to get involved just to make sure rules are followed," he said.

"If this company is selling

to a regular person without a certificate, it's like trafficking marijuana."

Local medicinal-marijuana advocate Russell Barth said that if the store isn't following the rules he gives them

until the weekend before they're shut down.

"In Ottawa we have a handful of nitpickers," he said.

"It's the kind of thing that will attract a lot more atten-

tion from angry parents."

Barth said that he read a recent post on the dispensary on social-media website Reddit in which one person claimed to have purchased pot at the location without a prescription.

Topfer said that at his B.C. locations he has, at times, felt it necessary to dispense the drug without a doctor's note because many customers "have no contact whatsoever with a medical practitioner."

Yet he says he makes sure that they eventually get the proper paperwork and has yet to have a problem.

Barth said that he is currently doing market research to see if the city would be fertile ground for another dispensary, one without a storefront that would deliver by mail.

"The overhead would be much lower," said Barth, noting that new regulations passed by the federal government in June will take away roughly 30,000 permits to grow medicinal marijuana.

"It will dramatically increase the price," he said.

"If they last until next week I may go visit them," he said. "I don't want them to close."



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# City, NCC square off over plans for LRT expansion

**\$980M.** Councillors aim to stay on budget with Richmond Underground



**ALEX BOUTILLIER**  
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Ottawa City Hall will consider making the Richmond Underground light-rail expansion actually underground as it moves forward with a detailed design for the line.

But at Wednesday's transportation committee councillors said staff will have to work within the project's estimated \$980-million budget.

Councillors unanimously voted to move ahead on their preferred option for the western leg of light rail, but directed staff to examine more tweaks to try to appease the National Capital Commission and nearby residents.

The city can be creative, said committee chair Coun.

Keith Egli, in designing the light rail expansion from Tunney's Pasture to Baseline Station.

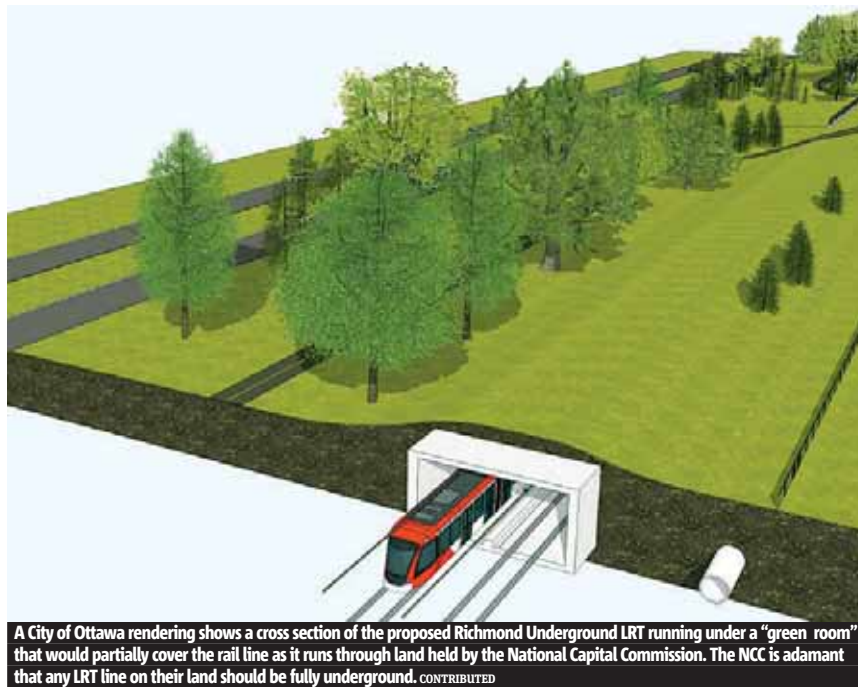
"Do the stations have to be as big as they are? Do the stations have to be exactly where they are?" Egli said after the meeting.

The NCC's board has nixed any possibility of an above-ground rail line moving through their land at Rochester Field.

The federally appointed board's demands drew the ire of a number of councillors Wednesday.

"The coffers of the taxpayers in this city are not a bottomless pit," said Coun. Jan Harder. "And we will not put our hands in them at the whim of an unelected body who really has, to this date, shown no consideration for those very values we deal with on an everyday basis."

City council will vote on the Richmond Underground next week.



A City of Ottawa rendering shows a cross section of the proposed Richmond Underground LRT running under a "green room" that would partially cover the rail line as it runs through land held by the National Capital Commission. The NCC is adamant that any LRT line on their land should be fully underground. CONTRIBUTED

## Livid locals looking for Golden Oaks' Lacasse



A sign on the door of Golden Oaks Enterprises Inc. explains the company has gone into receivership. METRO

Troubled real estate figure Jean-Claude Lacasse seems to be nowhere to be found after investors and tenants pushed his Golden Oaks Enterprises Inc. into bankruptcy proceedings on claims he owes them more than \$8 million.

"I'm looking for him," said Brian Doyle, co-founder of Doyle Salewski, Wednesday of his search for the owner at places Lacasse frequents. Doyle's firm took receivership of assets of Lacasse's

Golden Oaks Enterprises Inc. and its subsidiary Rent 2 Own Canada Tuesday.

"We're simply the people brought in to solve this conundrum," Doyle said of a nearly \$1.3-million lawsuit and 10 other cases brought against Lacasse in the first half of 2013. Doyle said he knows of \$8 million in promissory notes issued by the troubled firm to investors and up to \$18 million in mortgages for some 70 properties that were

in Lacasse's holdings.

Rent 2 Own Canada came under fire after tenants were kicked out of their homes just after moving in. An angry Golden Oaks investor who owned the home said Lacasse owed him money.

It's the job of a receiver such as Doyle to identify a bankrupt firm's debts and assets, and to use those assets to compensate creditors.

Doyle said the firm's books were last updated in

December 2012 and he added that even Golden Oaks employees were allegedly owed money through promissory notes.

"This was going helter-skelter in fractured pieces with multiple lawsuits and actions," he said, adding that his company, as an omnibus receiver, is working to gather together the pieces and will consolidate them into a single civil case.

GRAHAM LANKTREE/METRO



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1 NEWS



## Bail hearing set for man shot twice by police in Orleans

A man accused of brandishing a butcher knife at police last month before an officer shot him twice on Tenth Line Road will apply for bail next week.

Lenny Sanguya, 20, sat in the prisoner's box with his head down on Wednesday as his lawyer and a justice of the peace set a bail hearing date for July 16.

Sanguya is charged with two counts of breaching release conditions, one of possession of a dangerous weapon and one of mischief in relation to the incident on June 4.

His father had to speak to him in Inuktitut to tell him about his next appearance. Soft sobs could be heard coming from the prisoner's box.

On June 4 in Orleans, an Ottawa police officer shot Sanguya in the upper chest and right bicep.

After assigning four investigators and two forensic



The scene where Lenny Sanguya was shot in Orleans last month after police say he brandished a knife at officers. METRO FILE

investigators to examine the incident, Ontario's Special Investigations Unit concluded there were no grounds to lay charges against the officer. The SIU interviewed 25 civilian witnesses and six officers.

JOE LOFARO/METRO

### Internal investigation

### Accused man was agitated: SIU report

In a July 5 news release, the SIU said the incident stemmed from an argument Sanguya had with a relative at his home on Tenth Line Road.

The SIU said Sanguya then caused property damage outside the home before he jumped on the hood of a car driven by a woman who had two children in the back seat, the release said.

The accused man allegedly kicked in the windshield, frightening the

occupants and causing one of the children to run from the car. The SIU says he then threw rocks at another stationary vehicle and ran inside his home to fetch a butcher knife.

When a police officer arrived on scene and saw Sanguya with a knife, he drew his firearm and ordered the man to "Get down," but Sanguya ignored him, getting as close as 10 feet from the officer while still holding the knife.

Then the officer shot him twice and Sanguya fell to the ground. He was transported to hospital where he received medical attention.

JOE LOFARO/METRO



Chewbacca, Luke Skywalker, Obi-Wan Kenobi and Han Solo sit in the cockpit of the Millennium Falcon in Star Wars. HANDOUT

## Dances with Wookiees: Star Wars rocks museum

### Nature Nocturne party. Museum of Nature throwing Mos Eisley-style bash



GRAHAM LANKTREE  
graham.lanktree@metronews.ca

With cocktail names like Yoda Soda and Tatooine Sunrise on the menu, a special Star Wars-themed summer edition of the popular Nature Nocturne dance-party series at the Museum of Nature promises to have you dancing like a Wookiee.

"Were hoping Chewbacca

will be there," says Cynthia Iburg, project leader for Nature Nocturne and a senior educator at the museum. "There will be storm troopers. The 501st Legion, a club of volunteers who dress in Star Wars costume, will be there."

The popular Nature Nocturne series has been a huge success for the museum in getting a new demographic out to its exhibitions, Iburg says, as the museum opened up to revellers and DJs for one night a month until midnight for four months early this year. "That was our little pilot to see if it would work in the city," she says, adding that the series was set to return in September for a lineup of nine new events, but

the Star Wars theme was impossible to pass up.

More than half of the events sold out, with 2,000 people in attendance, she adds, noting that she is working on launching new "exciting and cutting-edge" programming for adults in January 2014 — events that are tightly under wraps.

The Star Wars event on Aug. 9 is in partnership with the Star Wars Identities exhibition at the Canada Aviation and Space Museum, and will offer all kinds of fun activities, she says. "Vadering is a popular thing online, where people fake a picture where they're using the force to levitate something. We've got someone in our exhibits department building a

contraption that will throw the object into the air so you can take a photo."

Other draws include tables replete with Star Wars Lego kits for people to play with, and fact boxes scattered throughout the exhibits that tie museum artifacts back to characters and monsters from the movies.

Iburg urges people to get their tickets early, and hints at what is in store for the other Nature Nocturne themes.

"Every March, we have ikebana, Japanese flower arranging," she says. "The weekend following happens to be a Nature Nocturne date. We're going to play with the idea of Japan. Think sumo suits and Godzilla."

### Program for youth

### Fire-setter intervention works: Officials

Ottawa Fire Services say two people under 12 took part in the Youth Fire Setter Intervention Program after police say they were involved in a \$5,000 arson at a garage in the 1000 block of Rialto Way on June 25. Ottawa Fire says research has shown 81 per cent of children will reoffend if they are not involved in an intervention.

JOE LOFARO/METRO

### SNAKE ISLAND ROAD CRASH

### Woman injured in car collision

A 27-year-old woman was in serious but stable condition on Wednesday after she was involved in a single vehicle collision at the intersection of Snake Island Road and Doyle Road. Paramedics got the call at 11:54 a.m. and treated the woman for serious head, neck, back and chest injuries. They said her car veered off the road and came to a stop in a ditch.

JOE LOFARO/METRO

### PEDESTRIAN COLLISION

### Minding own business, man struck by car

A 19-year-old man suffered a broken leg and loss of blood after he was involved in a two-car collision during rush hour Wednesday in front of Carlingwood Shopping Centre. Paramedics treated the man for his injuries and shock. They said he was walking his bike on the sidewalk when a car collided with another car and then struck the pedestrian. JOE LOFARO/METRO

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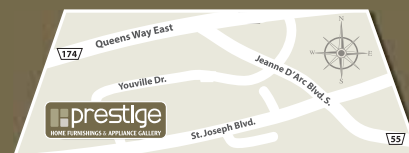
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## Swordplay. Kids can get a taste of the medieval days with combat camp

Parents who missed registration deadlines for summer camp now have an opportunity to go medieval on their kids.

Ottawa Swordplay, a medieval-combat course taught by Craig Shackleton, is having an open house Saturday, July 13, from 4 to 6 p.m., to promote his first-ever summer camp.

The open house will feature mini-lessons in swordplay and demonstrations by Shackleton.

The camp is for kids aged

8 to 12 and runs July 22 to Aug. 23, Shackleton says.

Kids in the summer camp have a choice between lessons on the long sword or on armoured combat.

Shackleton, who studied history in university, bills his lessons as historically accurate and based on centuries-old techniques preserved in medieval manuscripts.

"Everything that I teach is stuff that I have researched and learned from these manuscripts," he says.

CULLEN BIRD/FOR METRO



Young students of Ottawa-Swordplay instructor Craig Shackleton participate in a spear drill. CONTRIBUTED

# Transplant activist gets support from Campbell

**On your bikes.** Activist Cayse Ruiter started his trip in B.C. and is biking across Canada

CULLEN BIRD

ottawa@metronews.ca

Double-lung transplant recipient Hélène Campbell will be joining in a nine-kilometre bike ride along the Rideau Canal this Saturday led by cross-country cyclist and organ-transplant activist Cayse Ruiter.

Ruiter, 26, has been gaining national attention as he rides from Tofino, B.C., to St. John's, Nfld., in a campaign to raise awareness of the importance of organ donation. Ruiter says his campaign, Outlive Yourself, is driven by the memory of his friend Matthew Antolin, who died last December at the age of

27 while waiting for a heart transplant.

"To know that (Cayse) has kind of been so selfless in both his time and his efforts to bike across Canada for this important cause means the world to us," said Stephen Antolin, Matthew's brother.

Ruiter began his cross-country journey on June 3 this year, and is spending the weekend in Ottawa to rest and repair his bicycle. A month ago his campaign received a message of support from Campbell, Stephen said.

"She reached out to us and said she would be interested in riding along with Cayse then he passed through Ottawa," he said.

"To know that she's along for the ride too, it's just remarkable."

The ride will take place at 10:30 a.m., Saturday, starting from Ottawa City Hall's Marion Dewar Place and finishing at Hog's Back Park.



Organ-transplant activist Cayse Ruiter poses for a photo at the start of his journey in Tofino, B.C. MARK MCKEOUGH/CONTRIBUTED



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## Egypt. Muslim Brotherhood leader targeted for arrest

Egypt's military-backed government tightened a crackdown on the Muslim Brotherhood on Wednesday, ordering the arrest of its revered leader in a bid to choke off the group's campaign to reinstate President Mohammed Morsi one week after an army-led coup.

The Brotherhood denounced the warrants for the arrest of Mohammed Badie and nine other leading Islamists for inciting violence Monday that left dozens dead, saying "dictatorship is back" and vowing

### Morsi's status

Foreign Ministry spokesman Badr Abdel-Atti gave the first official word on Morsi in days, saying the ousted leader is in a safe place and being treated in a "very dignified manner." No charges have been levelled against him, Abdel-Atti said.

it will never work with the interim rulers. **THE ASSOCIATED PRESS**



Army soldiers, background, defend the Republican Guard building in Cairo on Wednesday. HASSAN AMMAR/THE ASSOCIATED PRESS

### Florida

## Trayvon Martin trial winding down

Closing arguments are set to begin Thursday in a U.S. murder trial over a deadly confrontation between a neighbourhood-watch volunteer and an unarmed teen.

George Zimmerman's defence attorneys rested their

case Wednesday. Zimmerman has pleaded not guilty to second-degree murder, saying he shot Trayvon Martin in self-defence during a scuffle in February 2012 in his gated community.

Some civil rights activists argued that the 44-day delay in arresting Zimmerman was influenced by Martin's race. Martin was black.

**THE ASSOCIATED PRESS**

# Accused Boston Marathon bomber pleads not guilty

**Tsarnaev.** Heavily guarded courtroom packed with victims, police, media and members of the public

His arm in a cast and his face swollen, a blasé-looking Dzhokhar Tsarnaev pleaded not guilty Wednesday in the Boston Marathon bombing in a seven-minute proceeding that marked his first public appearance since his capture in mid-April.

As victims of the bombing looked on, Tsarnaev, 19, gave a lopsided smile to his sisters upon arriving in the courtroom. He appeared to have a jaw injury and there was swelling around his left eye and cheek.

Then, after he leaned over toward a microphone and said, "Not guilty" over and over, he was led out of the courtroom, making a kissing motion with his lips toward his family as he left. His sister sobbed loudly, resting her head on a woman seated next to her. His parents remained back in Russia.

He faces 30 federal charges, including using a weapon of mass destruction to kill, and could get the death penalty if prosecutors choose to pursue it.

Tsarnaev looked much as he did in a photo widely circulated after his arrest, his hair curly and unkempt. He appeared



A U.S. Marshals Service van, believed to be carrying Boston Marathon bombing suspect Dzhokhar Tsarnaev, arrives at the federal courthouse for his arraignment Wednesday in Boston. JOSH REYNOLDS/THE ASSOCIATED PRESS

### Quoted

**"Just knowing him, it's hard for me to face the fact that he did it."**

Hank Alvarez, a high school friend of Dzhokhar Tsarnaev

nonchalant, almost bored during the hearing. The cast covered his left forearm, his hand and his fingers.

The April 15 attack killed three people and wounded more than 260. Authorities say Tsarnaev orchestrated the attack along with his older brother, Tamerlan Tsarnaev, who died following a shootout with police three days after the bombing.

Dzhokhar Tsarnaev was arrested on April 19 when he was found hiding in a boat in a suburban Boston backyard. He was initially charged in the hospital, where he was recovering from wounds suffered in a police shootout.

Prosecutors say Tsarnaev, a Muslim, wrote about his motivations for the bombing on the inside walls and beams of the boat where he was captured.

He wrote the U.S. government was "killing our innocent civilians."

"I don't like killing innocent people," he said, but also wrote: "I can't stand to see such evil go unpunished.... We Muslims are one body; you hurt one you hurt us all."

Reporters and spectators began lining up for seats in the courtroom at 7:30 a.m. as a dozen Federal Protective Service officers and bomb-sniffing dogs surrounded the courthouse.

Four hours before the hearing, the defendant arrived at the courthouse in a four-vehicle motorcade that included a van, a Humvee and a state police car. **THE ASSOCIATED PRESS**

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# CEO called a 'murderer'

**Lac-Mégantic disaster.**  
Railway chief receives nothing but venom after coming to town

Jeers and icy stares greeted the head of a railway company as he arrived Wednesday with a police escort to visit the small Quebec community shattered by disaster.

Lac-Mégantic resident Raymond Lafontaine, whose son and two daughters-in-law are among the 50 missing, couldn't conceal his anger.

"I wanted to see my children's murderer," Lafontaine said. "And I wanted to see the murderer of other people from here who didn't ask to die."

Lafontaine said he's been contacted by people offering to pay cash to use his equipment to have the train tracks ripped from the ground.

Ed Burkhardt's arrival in Lac-Mégantic was a hot topic among residents, but only a dozen or so gathered to watch

the president of the Chicago-based Rail World Inc. as he was cornered by reporters.

One man blamed the modest turnout on Burkhardt, accusing him of slinking in the shadows to avoid blowback.

"When someone's guilty, they hide," said Bruno Huot.

What residents lacked in numbers, they made up in indignation, with some hurling insults at the man they held responsible for their loss.

Burkhardt's comments at the news scrum, held in the middle of a street, were at times drowned out by hecklers.

The railway boss explained that he'd stayed in Chicago to deal with the crisis from his office, where he was better able to communicate with insurers, the media and officials in different places during what he described as 20-hour workdays.

His apparent contrition seemed to fall on deaf ears.

"It actually makes us more angry that he's here because I think he's shameless," said teenager Alyssia Bolduc.

THE CANADIAN PRESS

## CEO's response



"I feel absolutely awful. I am devastated by what's happened."

Rail World Inc. president Ed Burkhardt

## Ruin and responsibility

Police set the official death toll at 20 on Wednesday and said another 30 people are missing and most likely dead.

- Rail World Inc. president Ed Burkhardt appeared to take responsibility for the disaster, saying the train's handbrakes may not have been properly applied.
- He promised an energetic response to the crisis, including funding for aid and reconstruction.



A police officer prevents an angry resident from getting at Ed Burkhardt, president of Rail World Inc., who was speaking in Lac-Mégantic, Que., on Wednesday. RYAN REMIOWZ/THE CANADIAN PRESS

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# Lego no-go hits man like ton of tiny bricks

**Toy ride's over, sir.**  
Windsor man denied entry to Legoland for not being with a child

A 63-year-old Windsor man and avid Lego fan drove hours to the Vaughan Mills Legoland, only to be told he wasn't allowed in because he didn't have a child.

For years now, John St-Onge has been a big Lego fan. His interest was piqued when he started buying them for his children, and it continued to grow even after they grew up and moved away.

Today, St-Onge has more than 50,000 Lego blocks from more than 72 different sets, all documented and stored away in his home.

"What they do is only limited to your imagination," explains St-Onge.

He decided to make a trip to Legoland with his 30-year-old daughter Nicole on Satur-



John St-Onge with his 2,300-piece "Robie House" Lego set.  
CONTRIBUTED/NICOLE ST-ONGE

day morning. But after a three-hour drive, the pair was told they wouldn't be allowed to go in without a child present.

Instead, Legoland has a once-a-month "adults night," during which all ages can enter without a child.

But St-Onge was hopeful they'd make an exception, especially when he only wanted to see one thing.

"I said, 'All I want is to go out and take a picture of the skyline exhibit you have. You can escort me,'" he says.

They asked to speak to the manager, who they were told was too busy to meet them. St-Onge and Nicole drove home empty-handed.

"I didn't argue the point. I'm not going to make a scene," says St-Onge. "But it doesn't make you feel good. It makes you feel like you got a number on your back."

Nicole says the experience was "quite discouraging, quite upsetting, a little bit embarrassing. And my dad — he feels totally discriminated against."

Legoland has since been in contact with the pair. A representative apologized, but says they stand by their policies, which they explained were in place to protect the families that visit. They offered to plan a special day for St-Onge, but Nicole says the details were vague and they weren't sure what the friendly gesture would involve.

"We would love to go back, but it would be at their expense as a guest," she says.

PHOEBE HO/FOR METRO IN TORONTO

## Bountiful, B.C.

Report filed on alleged sex abuse by polygamists

An RCMP report into possible sexual offences against children at a polygamous commune in southeastern B.C. has now been handed to a special prosecutor.

The Criminal Justice Branch says the Mounties expect to have more information in the coming months about the activities of individuals in Bountiful.

The branch says it will likely be several months before prosecutor Peter Wilson reviews all the documents and makes a final charge assessment about the offences, alleged to have occurred since the 1980s.

Wilson was appointed last year to review any evidence the RCMP collects and to consider charges that could include human trafficking, child exploitation and polygamy.

Two community leaders were charged with polygamy in 2009, but the charges were later thrown out. **THE CANADIAN PRESS**

## Alleged abuse. RCMP did not fail woman who tried to hire hitman: Watchdog

A police watchdog says the RCMP did all it could for a woman who accused her husband of abuse and tried to have him killed, challenging a claim by the Supreme Court that the force ignored her pleas for help.

The Commission for Public Complaints Against the RCMP issued a review Wednesday into how Nova Scotia detachments handled complaints by Nicole Doucet in 2007 and 2008.

Ian McPhail, the commission's interim chairman, said investigators focused on claims that the RCMP didn't do enough to help the woman before she tried to hire a hitman to kill her ex-husband, Michael Ryan.

Doucet was arrested in 2008 when she tried to hire an undercover Mountie to kill Ryan. She said in court proceedings that he had pushed her, squeezed her neck, put guns to her head and threatened to kill her and their young daughter.

Doucet was acquitted in 2010 of counselling to commit murder when the trial judge



Nicole Doucet THE CANADIAN PRESS FILE

found she was under duress due to abuse and was not receiving help from police.

She alleged that she sought assistance from police nine times, but was told they wouldn't help because they were deemed civil disputes.

The commission found the RCMP was not provided with enough information to act. The review says Doucet did not report any abuse to the agencies that came in contact with her, including Community Services, undercover police, a psychiatrist and several RCMP officers. **THE CANADIAN PRESS**

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# Nations are hiring cyber-mercenaries, U.K. report says

## Online espionage.

Intelligence watchdog warns state-sponsored hackers are attacking targets including banks and energy companies

A British intelligence report said Wednesday that other nations are hiring hackers to launch attacks against their enemies, a trend it described as particularly worrying.

The warning over cyber-mercenaries came in an annual report published by Britain's Intelligence and Security Committee, a watchdog body of senior lawmakers that oversees Britain's spy agencies.

Citing testimony from British eavesdropping agency GCHQ, the report described the mercenaries as "skilled cyber professionals undertaking attacks on diverse targets such as financial institutions and energy companies.

## Notable omission

- Not covered in the report were allegations published by the Guardian newspaper that GCHQ and its U.S. counterpart, the National Security Agency, were engaged in a global surveillance campaign aimed at securing access to as much of the world's communications as technically possible.
- Some of the revelations

raised fears that Britain was swapping data with the United States on its own citizens to get around restrictions on domestic espionage.

- A statement accompanying the report said lawmakers were investigating and would publish their findings on the program "as soon and as fully as we are able."

"These groups pose a threat in their own right, but it is the combination of their capability and the objectives of their state backers which makes them of particular concern," it said.

The lawmakers didn't name any specific countries or say how widespread the practice was. The report didn't go into much further detail, but there's long been concern over the proliferation of private companies

that profit from developing and distributing offensive software.

The report quoted GCHQ as saying that the electronic threat facing Britain is "at its highest level ever and is expected to rise further still" — a warning that tracks with longstanding trends relating to the growth of cybercrime and increasing official interest in online espionage.

THE ASSOCIATED PRESS

## First iPad version

## Google revamps its Maps app



The new version of Google's Maps app has been streamlined to declutter the screen. GOOGLE

Google is unveiling a new version of its popular Maps app, available now for Android phones and tablets and "coming soon" to iPhones and iPads. It'll be the first time iPad users get a dedicated Google Maps app. The app's design has been significantly streamlined to declutter the screen and get rid of a series of menus that confused some users. THE ASSOCIATED PRESS

## Social media

## Facebook opens Montreal office

Facebook has opened an office in Montreal to better tap into business opportunities in Quebec. The company said Wednesday that its latest Canadian branch is now open, with two employees based in Montreal to serve businesses looking to expand their presence on the social network.

Facebook launched a temporary office in Vancouver last month, which was expected to stay open for a yearlong stint. It opened its first Canadian office in Toronto in November 2009.

THE CANADIAN PRESS

## Market Minute

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**Natural gas:** \$3.67 US (+1¢)  
**Dow Jones:** 15,291.66 (-8.68)



## A gluten-free snack, on the double-double

According to Tim Hortons, this new coconut macaroon is the first item at a Canadian fast-food restaurant to be approved by the Canadian Celiac Association's gluten-free certification program. The macaroon is a \$1.29 meringue-style cookie made with coconut and drizzled with milk chocolate, and is intended for customers with celiac disease and gluten intolerance. TIM HORTONS/CONTRIBUTED



# EAT YOUR PHOBIA FOR BREAKFAST

Phobias are nothing to fear. Almost everyone has an irrational fear of something, be it snakes or planes or snakes on planes or being trapped in a movie theatre with Samuel L. Jackson or being unable to make pop cultural references fresher than 2006. But I want to assure you that phobias are nothing to be ashamed of.

Why? Because I too have a phobia — lightning. Most phobias — which is Greek for “fears you have that your friends find hilarious” — are well-known, but fortunately so are the best approaches to dealing with them.

Here we pair some of the most common phobias with a few of the more effective treatments:

**Spiders.** There’s an excellent way to feel better about a spider’s legs skittering over your exposed neck at night, or its hungry mouth chewing at your bare skin: Remember that according to the Internet the average person eats an average of eight spiders a year as they sleep. So they might be eating you, but you’re getting the last laugh — possibly



**HE SAYS**  
**John Mazerolle**  
metronews.ca

with a spider leg or two flying from your lips as you chortle. And note that the Internet says an “average” person eats eight spiders a year. A really exceptional person, such as astronaut and professional Better-Than-You Chris Hadfield, eats as many as 10 spiders in a single week!

(I would have once scoffed at the idea there was any way to count how many spiders a person eats at night, but now that I know what the NSA has been up to, it all makes sense. Thanks Edward Snowden!)

**Snakes.** There are almost no dangerous snakes in Canada, and the few that are, are extremely passive animals, so this phobia is what scientists call “stupid.” Therefore every time you feel a twinge of fear coming on, have a friend or relative say, “Don’t be stupid! It’s just a snake, stupid. God, you’re so stupid” until the fear passes. (Note: This approach sometimes requires secondary therapy.)

**Heights.** Some therapists recommend climbing a ‘fear ladder,’

where you expose yourself to your fear in small manageable steps. With heights, you can combine the figurative and literal by jumping from a ladder every day, each day one rung higher. By Day 15 or so the problem kind of takes care of itself.

**Lightning.** Commonly referred to by scientists as the ‘sexy phobia,’ many of history’s greatest heroes were terrified by lightning. Benjamin Franklin. Neil Armstrong. Thor. Yes, they had stoic exteriors, but a loud thunderclap made them cry like school-girls.

So if you should find yourself at home during a lightning storm, trying not to hyperventilate while you distract yourself with a battle-filled Game of Thrones episode cranked to full volume (to pick an entirely random example) then that’s OK. Accept it as part of the wonderful, handsome writer you are. Er, person you are.

And that’s how you deal with phobias. Of course the best way to approach any fear is to recognize that, even if you’re not feeling great, you’re in no real danger. Remember to smile, recite some positive statements, and take long, deep breaths. If you do that at night, you’ll also swallow some spiders.

## ZOOM

### Snake in a charity store



QUEENSLAND POLICE/THE ASSOCIATED PRESS

#### Python breaks in to Australian store

Australian police were mystified by a chaotic crime scene including a hole in the ceiling and a smelly pool of vomit-like liquid — until they found the culprit was a 5.7-metre python.

The massive snake, weighing in at 17 kilograms (37 pounds), was captured a day after a suspected burglary was reported at a charity

store in Queensland in northeastern Australia.

“Its head was the size of a small dog,” police Sgt. Don Auld said Wednesday. Before they found the python, investigators’ working theory was that a human burglar with an appetite for destruction — and a serious illness — had gone on a rampage inside the St. Vincent de Paul store in the small town of Ingham.

THE ASSOCIATED PRESS

#### The suspect

“We thought a person had fallen through the ceiling because the roof panel was cut in half. When they’ve hit the floor, they’ve vomited and then staggered and fallen over. That’s what we thought anyway.”

Police Sgt. Don Auld

#### The break-in

- Police now suspect the python entered the store through the roof, which was damaged in a cyclone two years ago.
- The animal then plummeted through the ceiling, knocking over dishes, clothes and other items, before relieving itself on the floor.

#### Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

Despite being mostly a place where 20-somethings turn to post pictures of their hangover brunches, road trips and beach vacations, there’s more to Instagram than that. There are also musicians posting pictures of brunches, road trips and vacations... and of themselves. Introducing, the musicians of Instagram:

#### Tyler the Creator:

Odd Future’s Tyler the Creator is worth the follow for the captions more than the art. @feliciathegoat

#### Pearl Jam:

Remember them? They’re back. And just announced their first

North American tour in three years. @pearljamofficial

#### Frank Ocean:

This man has mastered the art of the selfie in the most beautiful, non look-at-me-I’m-awesome way. @Frankocean



DEREK GIBBON/INVISION THE ASSOCIATED PRESS

#### Twitter



@metropicks asked: Scientists can now determine your lifespan at time of birth. Would you do it? Why or why not?

@DeniM4678: No, because it’s just a guess, there are TOO many factors that could affect that number through the years.

@autumnpiglet: No. Why bother? You may die from an accident.

@FrenchmanCanada: No need, I already know the date: the day Justin Bieber gets an Oscar for best song.

Follow @metropicks and take part in our daily poll.

#### Comments

RE: The Story Behind That Abandoned, Flooded Ferrari On Lower Simcoe Street, published July 10

There is no story behind this story. A man left his car behind during a flash flood, as did many others. **poor-whiteman posted to metronews.ca**

It’s not meant to be a hard-hitting news story. The fact that a \$192,000-car was abandoned during the flood, clearly, amused some people. It’s horrible that so many people have damaged cars and property. But are you telling me that an abandoned Ferrari wouldn’t pique your interest more than, say, a Dodge Caravan? **bicyclingbookworm posted to metronews.ca**

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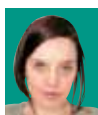


# A year with a city view



The Supreme Court of Canada and Parliament from Victoria Island. CHRISTOPHE LEDENT

**Shutterbug.** Capital City photographer spent 365 days capturing the feel of Ottawa while discovering his home



**BACKSTAGE PASS**  
Jen Traplin  
ottawa@metronews.ca

This week, Ottawa resident Christophe Ledent wrapped up a personal challenge after spending a whole year

photographing his city.

A relative newcomer to Ottawa — he is originally from Montreal — Ledent was searching for a way to get to know his new home while learning more about photography.

"I didn't own a camera. So, I bought a camera and took a six-week class and realized I wasn't practicing or actually learning anything," Ledent says.

"I came across all these 365 projects and I said 'I might as well give it a shot.' I had finally settled down here, I knew I was going to

stay and I didn't really know my city much so I figured I might as well explore 365 spots around the city. It just made perfect sense to do it."

For 365 days, Ledent photographed and posted pictures of various Ottawa landmarks and locations on his website. His final posting was made on Monday.

The end result is exactly what he'd been hoping for: Ledent grew his photography skills and learned a lot about Ottawa.

"When I got here, like most people from Montreal, I always went to the Ot-

tawa Market or Centretown because that is where we think we should all go out," he says.

"But, doing this, I've discovered communities like The Glebe, Westboro, Hintonburg and now I'm actually going to different restaurants, bars and activities, you name it."

As for his favourite shot, Ledent admits it's hard to choose just one, but he admits there is definitely something memorable about an early morning photograph he took of Parliament Hill from Victoria

Island.

"Getting there at 5:30 in the morning and capturing what was probably one of the nicest sunrises I've ever seen."

Now that his personal photo challenge is over, Ledent says it is time for a vacation (taking pictures of Ottawa every day for an entire year meant he couldn't leave the city for long).

Ledent just launched a brand new website that showcases all of the 365 pictures in a searchable portfolio. Check it out at [ottawaphotography365.com](http://ottawaphotography365.com).

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# Elisabeth's View: Exit was no Hassel'

**Moving to Fox and Friends.** Despite former Survivor star's clashes with her co-hosts over political matters during her 10 years on the show, she still gets warm send off

Elisabeth Hasselbeck is leaving the desk at The View for the couch on Fox News Channel's Fox & Friends.

The news network said Tuesday that Hasselbeck will join co-anchors Steve Doocy and Brian Kilmeade on the three-hour morning show Fox & Friends in September. Wednesday will be her last day after a decade on The View.

Hasselbeck parlayed her popularity as a contestant on Survivor into a job on Barbara Walters' ABC daytime show in 2003. During her decade on the show, she authored two cookbooks. She's also politically more conservative than her co-hosts on The View, which

often led to some contentious moments.

Fox News Chairman and CEO Roger Ailes said that Hasselbeck's "warm and engaging personality made her a star" and an "excellent conversationalist." She replaces Gretchen Carlson, who will be given her own daytime show on Fox, Ailes said.

"When Elisabeth survived Survivor, we wanted to make sure she would stay afloat," Walters said. "We have had 10 wonderful years with her and she will now be swimming in new waters. We will miss her and wish her everything good."

Rumours that Hasselbeck was leaving first surfaced in March, drawing a heated denial from Walters at the time. She also said it was not true that Hasselbeck's political views made her unpopular in the executive suites at The View. Her views won't be a problem on Fox & Friends, which is popular with a conservative audience. The talk show is the most popular cable news program in the morning.

Hasselbeck's departure is part of a year of turnover at

## No hard feelings

### Experience gained.

Elisabeth Hasselbeck is leaving The View showing no hard feelings toward her colleagues, even when she's sparred with them politically. She walked onto the ABC stage with show creator Barbara Walters' arm around her waist. Hasselbeck said she felt like she earned a master's in communications and journalism through working with Walters, who is retiring next year.

The View. Joy Behar, one of the show's original panellists, is also leaving. Walters, who developed the show, is retiring from television next spring. That leaves Whoopi Goldberg and Sherri Shepherd as the remaining panellists. Jenny McCarthy, the former Playboy playmate who currently hosts a show on VH1, has been mentioned as a possible new panellist.

THE ASSOCIATED PRESS



Hasselbeck, in pink, with her The View co-hosts Joy Behar, Whoopi Goldberg and Barbara Walters. AP PHOTO/ABC, STEVE FENN



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# A breakup, some booze, 2 crappy jobs and \$5,000

**SOCAN song-writing prize.** Dark time had amazing silver lining for Mo Kenney, as she beat out music elite

When Halifax's Mo Kenney penned her forlorn acoustic lament *Sucker*, she was in a bad place.

Merely 19 years old at the time, she was living on her own in Halifax for the first time and working two "crappy" jobs, one at a dollar store and the other whipping together pizzas at Sobeys. Oh, and she was freshly dumped.

"So I was sitting there feeling kind of (bad) about myself and music wasn't really going anywhere either. I was working toward something but I wasn't sure what to do," she recalled in a telephone interview this week. "So I got a little bit drunk in my room and started writing."

The resultant tune helped Kenney find that direction she was searching for — and on Wednesday heralded

some more good fortune.

Kenney and her tune have won the \$5,000 English-language SOCAN Songwriting Prize, awarded by the Society of Composers, Authors and Music Publishers of Canada. Quebec's Keith Kouna won the French award for Batiscan.

By winning, Kenney bested a field that included Montreal's icy electro-pop outfit Purity Ring, stylistically diverse Toronto singer/songwriter Maylee Todd, rootsy Hamilton duo Whitehorse and banjo-brandishing Toronto native Tamara Lindeman, who performs as the Weather Station.

"I was in really good company, obviously, and I wasn't really expecting to win," Kenney said. "I was really, really pleasantly surprised." Kenney, 23, released her self-titled debut last September, produced by East Coast songwriting stalwart Joel Plaskett.

She says he'll produce her next effort as well, a record still in the embryonic stages that she hopes to begin recording in the late fall. **THE CANADIAN PRESS**



Mo Kenney wrote *Sucker* during a dark time in her life. **THE CANADIAN PRESS**

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Justin Bieber. ALL PHOTOS GETTY IMAGES

## Justin Bieber stoops to more piss-poor behaviour

Oh, Justin, Justin, Justin. What can we say about your latest example of acting out?

In a video from TMZ, filmed earlier this year, the terrible tiny terror decides that it would be alright for him to urinate in public in a bucket used for floor washing. I'm sure the owners of the restaurant were thrilled to have such a class act visit.

I'm not a fan of corporal punishment, but sometimes the

only reasonable option is a hard slap.

In other Bieber news, Chicago Blackhawks fans are crying fowl after a picture of the Biebs posing (with sunglasses on) with the Stanley Cup in the Hawks' dressing room. In the background is a Blackhawks jersey with the word Bieber on it. Fans took to Twitter to voice their discontent that the Biebs' dirty hands touched the sacred trophy.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## Khloe kicks Lamar out over an ongoing stripper tryst

Khloe Kardashian kicked husband Lamar Odom out of their home for cheating.

But it gets worse. He was cheating with a stripper. For more than a year. And he paid her.

According to the bombshell report from Star magazine, the woman in question is 29-year-old stripper Jennifer Richardson, whom he met at the Stadium Club strip club in Washington, D.C. after a game last year.

The first night they hooked up, Odom took care to take "her phone apart and put the pieces in different spots all around the room" so she couldn't record their tryst. But that doesn't keep a resourceful stripper from becoming a "source" to Star magazine for money.

The "affair" (which honestly just sounds like various sexual encounters after games in various hotel rooms around the country) lasted for months with Odom at one point "gifting"



her \$3,000.

Oh, and they had a threesome. I don't know how that falls into the blame game.

Does that mean he cheated with several women or with just one woman, but very spectacularly?

Star reports that Khloe found out about the affair and kicked him out again and again — but they would continue to get back together.

But now it looks like they are headed for a divorce — sources tell Star that Odom moved out for good on June 3 and hasn't been back since.

Friends, you know it's bad when Scott Disick seems like the good Kardashian husband.

METRO WORLD NEWS

### Twitter



@pattonoswalt

Saw PACIFIC RIM earlier today. It's all right if you're into movies that are awesome and gut-punch you with brilliance.



@tyrabanks

So you know when you're in a bathtub and your fingers get all wrinkly and you're like why the heck do they do that



@MorganSpurlock

Hurray! We're #2! We're #2! America No Longer Most Obese! Congratulations! USA! USA!



Jennifer Lopez

## What's the big deal anyways?

The revealing green Versace dress Jennifer Lopez wore at the 2000 Grammys has become the stuff of fashion legend, but Lopez herself remembers not getting what all the fuss was about.

"When I came onstage with David Duchovny, who was the biggest star in the world then, he said to the audience, 'Nobody is looking at me,'" Lopez recalls to W magazine. "When I went to my seat, I said, 'What's the big deal?!' (Then-boyfriend) Puffy and Benny (Medina, her manager) were waiting, and they said, 'You have to take pictures in that dress.'"

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# Here comes the Suno: Busy besties take a break

## What a pretty pair.

The CFDA winners fill us in on their plans for future success, their personal style and a summer in the city

TINA  
CHADHA

Metro World News

Erin Beatty and Max Osterweis, the friendly duo behind Suno, a brand that has charmed Anna Wintour and a slew of New York editors and bloggers, recently won

the coveted 2013 CFDA Swarovski Award for emerging talent in womenswear.

Maybe now they'll allow themselves to take a summer Friday or two off. We chat with the designers about their big win and summer plans.

### Congrats on the recent win. How did you celebrate?

Erin: Max and I met up with his girlfriend Kate and my boyfriend Lex and we actually spent the night with the Creatures of the Wind



going to the after parties.

### Who was the first person you called when you won?

Erin: I didn't even have my phone at the awards ceremony. Max: I emailed Erin's dad who shared the news with her family, and I emailed my parents and then social media took care of the rest. Erin: It was totally unexpected. We were very thrilled to win and are very excited to try to live up to it.

### What do you hope the award will do for the brand?

Erin: Hopefully, more than anything, it helps to increase brand recognition and encourage the stores that we're already in to place larger orders, and encourage the stores that we're not in to buy us. We definitely want to get back into Barney's.

### How are you hoping to grow the company?

Erin: We know that we're going to want to dip into accessories sooner rather than later, it's just a matter of timing. Definitely cool bags and shoes. I mean we've always been in-

terested in head-to-toe dressing. Max: The number one question that we always get asked is when are we going to do men's? And we have no answer for that number one question.

### What are your plans for the summer?

Max: Both of us are focusing on taking weekends off as much as we can. The first few years of Suno, none of us really took that much time off, including on the weekends, so I started taking my weekends pretty seriously last summer, and I think Erin's doing the same



Solange Knowles (above) and Hailee Steinfeld (bottom left) in Suno. GETTY IMAGES

this year.

Erin: I actually rented a place in Germantown, N.Y. so I'm actually in the country.

### What's an ideal summer day?

Erin: It's sitting down outside and reading.  
Max: Spending time on my boat, fishing.

### What are you reading this summer?

Erin: I just finished Freedom by Jonathan Franzen and now I'm reading Lit by Mary Karr.  
Max: I just finished a 10-novel series: The Story of a Crime. It's the Martin Beck series — Swedish, socialists, detective novels from the '70s.

### What summer looks are you loving right now?

Erin: I'm wearing embroidery all the time right now, cotton embroidery.  
Max: My mom was just with me this past weekend, out in the country, and she insisted that we do a caftan for her.

### Best way to beat the heat?

Max: Get in the water, whether it's a fire hydrant, or the ocean or the pool.

# 3 T I E E



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Style pick

## Purchase a piece of punk fashion history

If Robin Hood and Johnny Rotten designed a shoe together, this would be it — with a lot of help from Vivienne Westwood. The Seditious boots are part of her limited edition Chaos collection, a tour of her career highlights from the 1970s till now. The boots, in their original green and tan color, are London incarnate — once worn by the Sex Pistols, designed by Westwood and Malcolm McLaren and manufactured in the capital itself. **KATHRYN GILBERT**



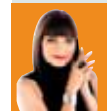
Style pick

## A sweater for that chilly office aircon

Summer's temperamental climate refuses to pipe down, so it's time to just own it with this knitted, flocked gem from Kenzo. The jumper mocks the weather on two fronts: the obvious lightning bolts and the use of 100 per cent wool rather than the not-particularly-warm acrylic that so often winds its way into pricey sweaters. But we've saved the best bit till last. In a move that will bring joy to those of you who resent dry cleaning anything less than Oscar de la Renta, it's machine washable. **KATHRYN GILBERT**



Twitter



**JEANNE SPACE**  
Jeanne Beker  
life@metronews.ca

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@Jeanne\_Beker Finally back at my old gym! Feels like coming home. Here's to a summer of really shaping up! #letsgetphysical

• @The\_Obsessed: share some inspiration Jeanne! For those of us who've been slacking on yoga & gym time #gymspiration #slackers

• @Jeanne\_Beker : JUST DO IT!!! Xx



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**EVERYTHING MUST GO!**

## Trend of today: Denim overalls

They probably haven't been amongst your wardrobe staples since you were a toddler, but it's time to give dungarees a second chance. If you're a casual kind of girl, you're in luck, as denim is as popular as ever. Here are some of our favourites.

**KATHRYN GILBERT**  
Metro World News

### J Brand

5030 Slouchy Overalls,  
\$449, jbrandjeans.com



### House of Hackney

Silk Velvet Dungarees,  
\$552, asos.com



### Motel

Eddie Dungaree Jumpsuit  
In Daisy Print, \$102,  
asos.com

### Topshop

jumpsuit,  
\$110,  
topshop.com





# Potato curry in a hurry

"Aloo gobi, the Indian curry made with potatoes, cauliflower and spices, is a firm favourite in our household," writes Miriam Sorrell in her book Mouthwatering Vegan. "So I decided to create some fast burgers based loosely on that wonderful dish. If you like potato curry, you are going to love these. Serve with a simple salad of greens and cherry tomatoes on the side ... And slap on the ketchup!"

1. Place the peas and corn in a saucepan and cover with boiling water. Cook for a couple of minutes, then drain and set aside.

2. Meanwhile, in a medium bowl mash the microwaved potatoes. Add the margarine, milk, curry powder and salt. Bear in mind that the mash needs to be a fairly firm consistency.

3. In a food processor, process together the carrot, onion, garlic, mushrooms and herbs.

## Ingredients

- 3 tbsp (45 ml) frozen peas
- 2 tbsp (30 ml) frozen corn
- 4 medium potatoes microwaved until soft, then peeled
- 1 tbsp (15 ml) vegan margarine
- about 1/4 cup (60 ml) non-dairy milk
- 1 1/2 tsp (7.5 ml) curry powder
- salt to taste
- 1 medium carrot, grated
- 1/2 onion
- 2 cloves garlic
- 4 mushrooms
- sprig of fresh mint
- sprig of fresh rosemary
- 2 tsp (10 ml) nutritional yeast
- 1 1/2 tbsp (22.5 ml) unbleached all-purpose flour
- olive oil

4. Add the ingredients from the food processor to the mashed potato mixture, together with the cooked peas and corn, nutritional yeast and flour. Stir well with a fork, taste and adjust seasoning if necessary.

## Yummy Curried Potato Burgers



This recipe makes about eight burgers. MIRIAM SORRELL

5. Heat a drizzle of olive oil in a nonstick frying pan set over medium heat. Spoon in dollops of the potato mixture. Cook for a few minutes, flattening very slightly with a spatula to make patty shapes, then gently flip. You may need to do this in batches, re-

peating with any remaining mixture, to make 8 burgers.

6. Serve on buns with your favourite burger fixings, or on their own with vegetables and salad. Reheat any leftovers in a hot oven—they may become mushy in the

microwave.

RECIPES ON THIS PAGE EXCERPTED FROM MOUTHWATERING VEGAN BY MIRIAM SORRELL. COPYRIGHT © 2013 MIRIAM SORRELL. EXCERPTED BY PERMISSION OF APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE CANADA, INC. ALL RIGHTS RESERVED.

## Cookbook of the Week

### Varied vegan eats



Going meat-, egg- and dairy-free isn't an easy feat but Miriam Sorrell's Mouthwatering Vegan makes it that much simpler — and delicious. With more than 150 recipes, Sorrell showcases how accessible, varied, nutritious and tasty vegan eating can be. The book covers everything from appetizers, soups and smoothies to main courses and desserts. Among the recipes are Shepherd's Pie, Red Bean Nut Burgers, Chili Con 'Carne' and more. METRO

## Cherry Tomato, Chickpea & Orange Pepper Salad



Rich in iron and vitamins A and C, this salad is both delicious and filling. It's a wonderful warm-weather dish, and can be eaten as an accompaniment to a quiche or any other light meal.

### Dressing

1. Place the ingredients in a

clean jar, close the lid tightly and shake until thick and smooth.

### Salad

1. Toss all the ingredients together in a bowl.

2. Drizzle on as much dressing as you like, toss again and serve.

## Ingredients

### Dressing

- juice of 1 large lemon
- 1/2 cup (125 ml) extra virgin olive oil
- 1/2 tsp (2 ml) vegan sugar
- salt and black pepper to taste

### Salad

- 20 cherry tomatoes, halved
- 1 1/2 cups (375 ml) cooked chickpeas

- 1 red onion, finely chopped
- 4 cloves garlic, finely chopped
- a handful of fresh flat-leaf parsley, finely chopped
- 1 orange bell pepper, sliced thinly, then cut twice crossways
- 12 fresh basil leaves, finely chopped

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# Cool backyard umbrellas



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

So far this summer, my hand-held rain umbrella has already been given quite a workout. But whether it's for rain or sun, here's a gathering of well-designed outdoor umbrellas that will protect you while on the patio, balcony, backyard or beach.

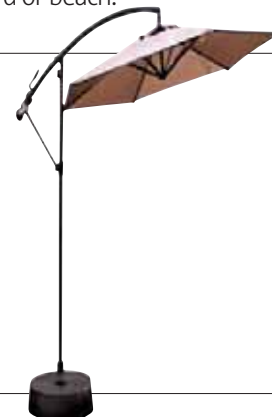


## Retro flair

Add 1920's French nautical pizzazz to your patio or pool. Six-inch navy-and-white striped umbrella with wooden frame, \$132, potterybarn.com.

## Best value for style

Super-style and flexibility for the price. Nine-and-a-half-inch Tilt Market-Style Umbrella with wind vent, Whole Home, \$80, sears.ca.



## Modern colour

Punchy colour helps to brighten up a grey city terrace. Nine-inch Apple Umbrella with eucalyptus frame, \$423, crateandbarrel.com.



## Millionaire's dream

A custom-designed way to look cool. Seven-by-10 inch Stingray Shade, \$6,400 (plus base), andrewricharddesigns.com.



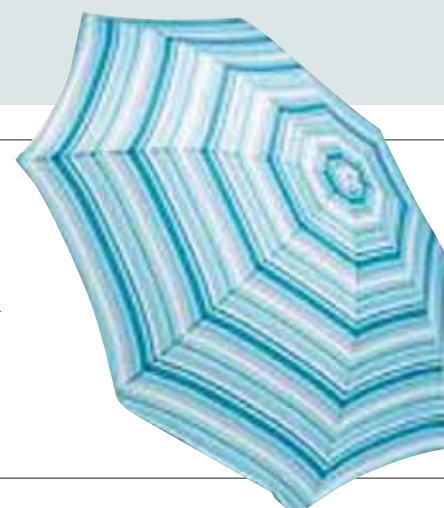
## On the go shade

Have your shade whether rolling on the grass or at the beach. Portable Sport-Brella, \$80, homehardware.ca.



## Keep in the car

Carry me to the beach for some sun protection. Lightweight Beach Umbrella, \$13, canadiantire.ca.



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# A wine crate one day, a coffee table the next, and other DIY ideas

**One man's treasure.**  
7 ways you can turn alcohol holders into something useful

Old wine crates can be found lying around the house, at your local liquor store or even at neighbourhood garage sales. Before sending them to the landfill, consider a few do-it-yourself options to repurpose wine crates for household use.

**1** Create a contemporary bookcase by painting each crate a different colour and stacking one on top of another. Break up solid colours by using a stencil to create unique and fun patterns.

**2** Enhance your outdoor patio with makeshift rustic seating options. It's as simple as just flipping over each crate so the flat surface is on top.

Chair pads can provide an option for more cushioned seating and come in

a variety of shapes and colours.

**3** Add a touch of spring to your kitchen or patio by creating a planter box for your favourite foliage.

Start by drilling a few holes into the bottom of the crate to allow for drainage, and then spray the crate with a waterproof seal.

Once the crate is dry, just flip it over, fill with potting soil and start planting. Wine crates are the ideal size for potted plants.



Salvage Dawgs chronicles the adventures of Mike Whiteside, left, and Robert Kulp. HANDOUT

**4** Add a textured, lofty accent to your bar or kitchen walls by using wine crates as wall tiles. Take each crate apart until you're left with flat boards, and then cover an entire wall with the tiles.

**5** Wine crates don't just have to be used to store wine bottles.

Throw your household knickknacks into old crates, then stack and store away. Attaching wheels to each crate creates rolling storage for easy access and transportation.

**6** Running in and out of the house during summer parties in the backyard can track dirt inside.

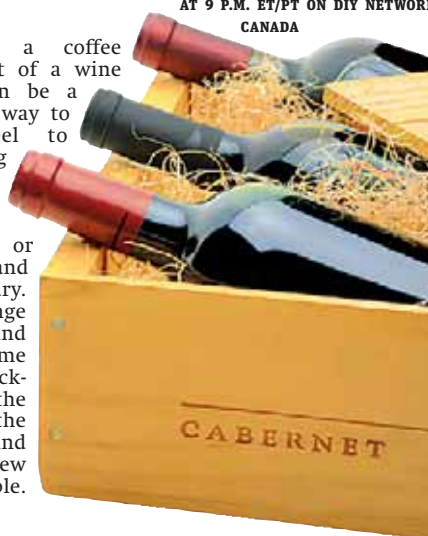
Use a leftover wine crate as a shoe storage rack for

your back patio to prevent unwanted messes inside the house.

**7** Creating a coffee table out of a wine crate can be a cost-friendly way to add a rustic feel to your living room.

First stain or paint three or four crates and let them dry. Then arrange the crates and create a frame using L brackets. Nail the crates to the frame, and enjoy your new DIY coffee table.

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The average rental apartment vacancy rate in Canada's 35 major centres increased to 2.7 per cent in April 2013, from 2.3 per cent in April 2012, according to the spring Rental Market Survey released by Canada Mortgage and Housing Corporation (CMHC).

"While demand for rental units remains high, substitutes to purpose-built rental market units, such as rented condominiums, have taken some of the overall demand for rental units," said Mathieu Laberge, deputy chief economist at CMHC's Market Analysis Centre.

"Sustained demand for rental housing from net migration was partly offset by moderating employment growth, notably for young workers aged 20 to 24."

The results of CMHC's spring survey reveal that the major centres with the lowest vacancy rates in April 2013 were Edmonton and Calgary (1.2 per cent each) and St. John's (1.5 per cent). The major centres with the highest vacancy rates were Saint John (10.4 per cent), Charlottetown (8.7 per cent) and Moncton (7.4 per cent).

The Canadian average two-bedroom rent in new and existing structures was \$911 in April 2013. With respect to the census metropolitan areas, the highest average monthly rents for two-bedroom apartments were in Vancouver (\$1,255), Toronto (\$1,202) and Calgary (\$1,202). The low-

est average monthly rents for two-bedroom apartments were in Saguenay (\$560), Trois-Rivières (\$562) and Sherbrooke (\$586).

Overall, the average rent for two-bedroom apartments in existing structures across Canada's 35 major centres increased by 2.7 per cent between April 2012 and April 2013, this compared to 2.2 per cent in the previous year.

The major centres with the largest increase in fixed sample average rent were Calgary (7.2 per cent), St. John's (5.5 per cent) and Regina (4.7 per cent). Year-over-year comparisons of average rents can be slightly misleading because rents in newly built structures tend to be higher than in existing buildings.

CMHC's Rental Market Survey is conducted twice a year in April and October, to provide vacancy, availability and rent information on privately initiated structures in all centres with populations of 10,000 and more across Canada. Reports are released in June and December.

There are differences between the fall and spring surveys. The spring survey covers apartment and row structures containing at least three rental units, and, unlike the fall survey, does not report information on smaller geographic zones within centres; secondary rental market (rented condominium apartments, single-detached, semi-detached, duplexes or accessory apartments). — **CMHC**



# Eriksson back home with high-profile gig

## Athletics Canada.

Former coach of the year tasked with turning around country's track team for 2016 Olympics

Peter Eriksson was coaching Great Britain's track and field team at last summer's London Olympics, but the former long-time Canadian Paralympic coach couldn't help but keep an eye on Canada.

"Absolutely. You cannot stop doing that because I'm Canadian," Eriksson said in a phone interview with The Canadian Press. "In Great Britain they always said I was a Swede, but I haven't lived in Sweden for 25 years. I watched the Canadians in London because I know most of the athletes."

Now the coach, who's probably best known on this side of the ocean for guiding Chantal Petitclerc to 10 gold medals over two Paralympic Games, is back working in Canada. Eriksson was officially introduced as head coach of Athletics Canada's Olympic and Paralympic program Wednesday, two months after the 60-year-old stepped down as head coach of British Athletics.

"It was for family reasons, that's the reason I quit the position there," said Eriksson, whose wife and four daughters — aged 11 to 18 — live in Ottawa. "I couldn't be away for another four or five years, it was time to go home."

"I knew for quite a while Athletics Canada was interested, but there was no commitment to do it. And it was all about finishing off what I was doing first before you commit to the rest."

Eriksson, a former national team speedskater in Sweden, coached in Canada for nearly



Peter Eriksson is back in Canada as head coach of the country's Olympic and Paralympic program. GETTY IMAGES FILE

## His humble beginnings

While Peter Eriksson was a speedskater, he said his first love was track and field.

- "My friends were in athletics, I was in athletics, I wasn't good at it but I was always there running, jump-

ing," he said. "It's always been athletics for me."

- He got into Paralympic coaching by coincidence when he met a wheelchair athlete while still in university.

20 years, earning coach of the year honours at the 2005 Canadian Sport Awards for guiding Petitclerc to five gold medals at the 2004 Paralympics in Athens. Petitclerc repeated that feat four years later in Beijing, earning Eriksson Athletics Canada's coach of the year honours.

Eriksson was part of the exodus of Canadian coaches to the UK before the London Olympics. Canadian track

coaches Kevin Tyler and Derek Evely, and triathlon coach Joel Filliol, who guided Simon Whitfield to a silver medal at the 2008 Beijing Games, were all scooped up by the British prior to the London Games.

Athletics Canada CEO Rob Guy said they cast a global net in hiring for the position, but wanted an integrated coach who could lead both the Olympic and Paralympic teams. Eriksson said he believes Can-

ada will be the only country in the world with an integrated coach.

Athletics Canada cleaned house in January, firing head coach Alex Gardiner and chief high performance officer Martin Goulet following Canada's disappointing performance in London that saw Derek Drouin win the team's only medal — a bronze in high jump.

Drouin represents good young potential that Eriksson sees in a Canadian program that includes two strong young multi-event athletes in Damian Warner and Brienne Theisen. He also mentioned throwers, sprinters and women's middle-distance runners. Canada recorded 12 top-12 finishes in London and eight athletes finished in the top-eight — the majority of them were 25 or younger.

THE CANADIAN PRESS

## Tennis

## Canadian women to host Serbia in two-day event

Canada's top women tennis players will host Serbia in a Fed Cup World Group II tie.

The two-day matchup will take place Feb. 8 and 9. Choice of surface, venue, and team nominations will be decided at a later date.

Canada was promoted to World Group II for the first time since 2011 after defeating Ukraine 3-2 in a World Group playoff in Kyiv this spring.

The team consisted of Montreal's Eugenie Bouchard, Ottawa's Gabriela Dabrowski, Stephanie Dubois of Laval, Que., and Toronto's Sharon Fichman.

Canada currently sits at No. 16 on the Fed Cup rankings while Serbia is ranked No. 4.

THE CANADIAN PRESS

## Tour de France

## Fan doused me with urine: Cyclist

Mark Cavendish believes a roadside spectator sprayed him with urine during the Tour de France time trial on Wednesday, his team manager said.

Patrick Lefevere of Omega Pharma-Quick Step said the incident may have been linked to anger among some fans who claimed — unfairly in his view — that Cavendish intentionally bumped into Dutch rider Tom Veelers and caused him to crash in the final sprint a day earlier. THE ASSOCIATED PRESS

## NHL

## Canucks to host Sens at BC Place

Vancouver will become the third Canadian city to host a regular-season NHL game outdoors when the Canucks welcome the Ottawa Senators to BC Place next season in the 2014 Heritage Classic.

Edmonton hosted Montreal in the original Heritage Classic in 2003 in the NHL's first ever outdoor regular-season game. Calgary welcomed the Canadiens in the 2011 edition.

The 2014 game in Vancouver takes place March 2 and will be the first played in a retractable-roof facility.

THE CANADIAN PRESS



David Dziurzynski is staying in the Senators organization after signing a one-year, two-way contract. GETTY IMAGES

## NHL. Senators re-sign forward Dziurzynski

The Ottawa Senators have signed forward David Dziurzynski to a one-year, two-way contract.

Dziurzynski, 23, played in 12 NHL games with the Senators last season, recording two goals and 13 penalty minutes. He made his NHL debut

Feb. 16 in Toronto.

The Lloydminster, Alta., native added 20 points (four goals, 16 assists) and a professional-career-high 110 penalty minutes in 54 regular-season games with Binghamton of the American Hockey League.

THE CANADIAN PRESS



## Horoscopes

### Aries

March 21 - April 20

Take life at a more civilized pace today — well, civilized by your standards anyway. You don't have to work your fingers to the bone to make a good impression.

### Taurus

April 21 - May 21

You may be unenthusiastic about what you have to do but do it anyway and strive to do a good job. If you make an effort for other people now, they will be more inclined to make an effort for you later.

### Gemini

May 22 - June 21

You may need to lower your sights a little over the next 24 hours. It's good to aim high but according to the planets your current aims reside in a galaxy far, far away. Bring them back to Earth today.

### Cancer

June 22 - July 23

You know something your rivals don't and it can give you the edge to get ahead of the pack and stay ahead. But, knowledge is power only if you are prepared to use it.

### Leo

July 24 - Aug. 23

Others will talk you up today and you'll love every moment of it. But why are they so determined to make you look good? Are they just being friendly or is there a deeper motive?

### Virgo

Aug. 24 - Sept. 23

If there is someone you want to impress, all you have to do is open your mouth and tell them what you think. The fact that you do think, when so many in the world today do not, puts you at an advantage.

### Libra

Sept. 24 - Oct. 23

For some reason, you appear to believe that you have to work twice as hard and move twice as fast as your rivals. Don't put pressure on yourself when you don't have to.

### Scorpio

Oct. 24 - Nov. 22

You may not be the most forgiving member of the zodiac but you are smart enough to realize that an ongoing feud is a waste of time. Do what you have to do to heal the rift.

### Sagittarius

Nov. 23 - Dec. 21

You will be under pressure today and maybe of the kind that you are not naturally equipped to handle. Whatever happens, you must stay calm.

### Capricorn

Dec. 22 - Jan. 20

You are in a light-hearted and carefree mood at the moment. But a work colleague will seek to burst your bubble by making demands that cannot be met. Smile sweetly and tell them to forget it!

### Aquarius

Jan. 21 - Feb. 19

Minor problems are likely to have far-reaching consequences today. Think before you act and, if you are not sure which course of action is best, take no action at all. Come tomorrow, the problem will have resolved itself.

### Pisces

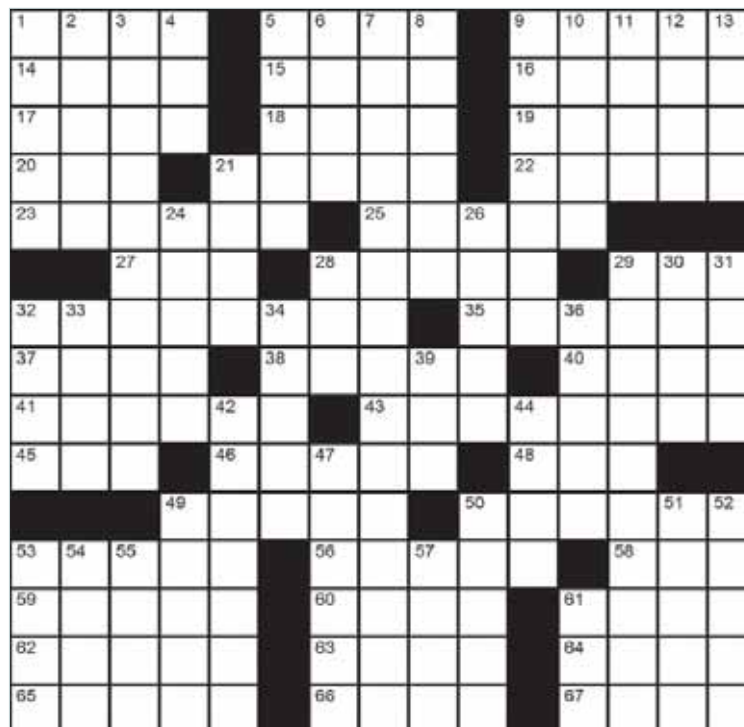
Feb. 20 - March 20

You have so much going for you now but you seem to believe that your life is falling apart. Stand back from your everyday worries and see the bigger picture. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Pet rights org.
- Profess
- Mickey
- Shopping spot
- - Fella (Record label)
- Ontario attraction, — Canada Village
- “—, — and Away” by The 5th Dimension
- Yesterday: French
- Lovely parties
- U-571, e.g.
- Ms. McLachlan
- Edith Wharton novel, Ethan —
- Shakespeare's tragic character
- Water wheel
- Porridge particle
- “Sounds like —!”
- For
- “Black Horse & The Cherry Tree” by KT —
- Published
- “That — it should be.”
- Become knowledgeable
- Olive genus
- Crack
- Montreal singer, Nikki —
- Tokyo, once
- Pirate's exclamation!
- Diner offering
- Super- —
- Prophet
- Plunge the potato chip again



- “Sheesh!”
- Did a marathon
- Bar soap brand, — Spring
- Chaps
- fide
- Leonardo da — (b.1452 - d.1519)
- Concerning, office-style: 2 wds.

- International oil gr.
- Toronto — Centre
- Adam's abode
- Library communication starter

### Down

- Informally flatten
- New Guinea

- Clothing retailer founded in 1985 in Toronto: 2 wds.
- Swiss peak
- Buddhist who has attained Nirvana
- See: French
- Nova Scotia's slogan, Canada's —
- Artist Andy

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

- Mr. Wilson
- Bar drink
- For example... beans, chick peas and lentils: 2 wds.
- Be in need of Febreze
- Singer/actress, Aubrey —
- Sandcastle's swoosher
- Pre-owned
- of faith
- Actress Ms. Vergara
- Encouraging shout!
- Manitoba city northwest of Winnipeg
- Grand Ole —
- Archie Comics character
- Bee Gees genre
- Mary-Kate or Ashley
- Paths
- Legislative
- Tear apart
- Suffix with 'Ranch'
- Exertion
- Ancient harp
- Cyndi Lauper tune: “She —”

## Yesterday's Crossword

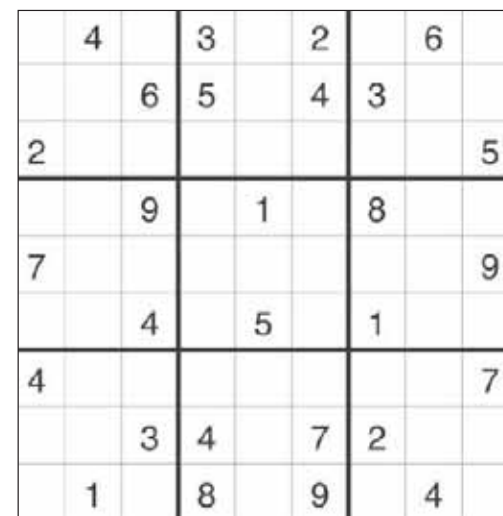


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



Today



24°/13°  
Partly cloudy

Friday



25°/14°  
Sunny

Know what the weather  
will be 14 days from now.  
Check the 14 day trend.

TWN incorporates MSC data

visit [metronews.ca](http://metronews.ca)

metro

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Find it in a book.



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